

# BE INFORMED

 TICK-BORNE DISEASES ARE PREVENTABLE 

## An Ounce of Prevention

There are ways to protect yourself and your family. Tick checks are important, and consider repellents: Deet-based for exposed skin and Permethrin-based for clothing including footwear. Visit [www.tickencounter.org/exposure](http://www.tickencounter.org/exposure) to learn more.

## Once Bitten, Don't Be Shy

Prompt removal of an attached tick is highly recommended. The longer the tick is attached the higher the risk of disease transmission. Check yourself, your family, and pets often.

## Lyme Isn't the Only Concern

Lyme disease is the most prevalent vector-borne infectious disease in the U.S., but ticks carry other pathogens as well. Anaplasmosis, Babesiosis, and Relapsing Fever are also important and increasing. Visit our website [www.capecodextension.org](http://www.capecodextension.org) to learn more.

# HOW TO SUBMIT A TICK FOR TESTING

 TICK-BORNE DISEASES ARE PREVENTABLE 

The Laboratory of Medical Zoology (LMZ) tests thousands of ticks from all over the country. Having your tick tested couldn't be easier. Just follow five simple steps:

1. Place the tick in a sealable plastic bag.
2. Complete the online submission form at [www.TickReport.com](http://www.TickReport.com). Pay the \$15 fee online with a credit card or enclose a check.
3. Label the bag with the order number assigned by TickReport.
4. Send the labeled tick in an envelope to:  
*Laboratory of Medical Zoology  
Fernald Hall, University of Massachusetts  
270 Stockbridge Rd.  
Amherst, MA 01003*
5. Results of the tick test will be sent to you in 5 business days or less.

# DON'T LET ONE BITE CHANGE YOUR LIFE

TICK-BORNE DISEASES ARE PREVENTABLE

**Cape Cod Tick Testing Program**

**2016**

**\$15**



[www.TickReport.com](http://www.TickReport.com)

Tests for these agents carried by deer ticks:

**Lyme  
Babesiosis  
Anaplasmosis  
Relapsing Fever**



[www.TickReport.com](http://www.TickReport.com)



Submit Online Form



Mail Tick



Receive Results

Cape Cod Cooperative Extension  
Larry Dapsis, Entomologist  
[ldapsis@barnstablecounty.org](mailto:ldapsis@barnstablecounty.org)

*Funding provided by  
Cape Cod Healthcare*



CAPE COD HEALTHCARE

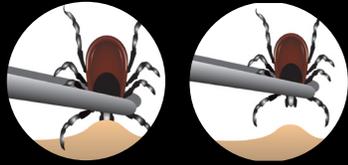


UMASS  
AMHERST



# TICK REMOVAL

Using pointy tweezers, grasp tick by the head (as shown) and pull straight up. Avoid twisting.



Not all ticks carry disease. Know which species bit you, have the tick tested, and see a physician when signs of illness arise.

# DID YOU KNOW?

Anyone who lives in Barnstable County can send in a tick for the \$15 discounted fee in 2016, from January- September.

Submit Online Form



Mail Tick



Receive Results



[www.TickReport.com](http://www.TickReport.com)

## CAPE COD TICKS

### Deer Tick

Also called blacklegged ticks, they can transmit the pathogens that cause Lyme disease, babesiosis, anaplasmosis and relapsing fever.



### Lone Star Tick

Newly established on the Cape, they can transmit the pathogens that cause Ehrlichiosis, STARI and tularemia. In addition, the bite of a lone star tick can cause an allergy to red meat consumption.



### Dog Tick

These can transmit the pathogens that cause tularemia and Rocky Mountain Spotted Fever.



## Who Should Worry About Tick-Borne Diseases?

Anyone who spends time outdoors runs the risk of exposure to ticks. It is important to remember that you do not just have to walk through a wooded area...ticks can easily be found in leaf litter at the edge of your yard, around ornamental plantings, places that offer some shade and high humidity.

## Where Can I Get Info About My Tick Bite?

Local and state health agencies and the CDC provide online information about ticks and how to protect yourself.

## Why Should I Have My Tick Tested?

While not a substitute for medical consultation or diagnosis, tick testing can help you and your physician assess your risk of exposure to Lyme and other diseases.

## RESOURCES

Cape Cod Cooperative Extension  
Larry Dapsis, Entomologist  
508.375.6642  
[ldapsis@barnstablecounty.org](mailto:ldapsis@barnstablecounty.org)  
[www.capecodextension.org](http://www.capecodextension.org)

Barnstable County Department of Health and Environment  
Dierdre Arvidson, Public Health Nurse  
508.375.6617  
[darvidson@barnstablecounty.org](mailto:darvidson@barnstablecounty.org)  
[www.barnstablecountyhealth.org](http://www.barnstablecountyhealth.org)

Laboratory of Medical Zoology  
University of Massachusetts  
Amherst, MA 01003  
[www.TickReport.com](http://www.TickReport.com)

Cape Cod Healthcare  
<http://www.capecodhealth.org>

Massachusetts Department of Public Health  
[www.mass.gov/dph/tick](http://www.mass.gov/dph/tick)

Center for Disease Control and Prevention  
[www.cdc.gov/ticks/diseases](http://www.cdc.gov/ticks/diseases)